

Laughter Therapy In A Stressful World



Sharing with Bro. Billy Tan

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MANIFESTATION OF STRESS REACTION IN THE BODY – “FIGHT OR FLIGHT”

- 1) The brain sends a message to the glands
- 2) Adrenal glands release **Adrenalin** & **Cortisol** into the blood stream, carried to various organs in the whole body
- 3) Heart beats faster, blood pressure rises, to increase blood circulation
- 4) Respiration deepens, to increase oxygen intake
- 5) Intestinal movements cease, to conserve energy
- 6) Muscles become tense (getting ready to resist or run)
- 7) Hair stand on end
- 8) Pupils dilate to enhance vision
- 9) Facial expression distorted
- 10) Perspiration, trembling, body temperature rises
- 11) Blood sugar level rises to aid metabolism
- 12) Body immune system suppressed

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*“ To laugh often and much;
to win the respect of intelligent people
and the affection of children...
to leave the world a better place...*

*To know one life has breathed easier
because you have lived.*

This is to have succeeded.”





Ralph Waldo Emerson



WHAT IS LAUGHTER THERAPY?

- Laughter Therapy is **not about laughing**:
 - **Breathing** – improve natural oxygen intake;
 - Exercising the **diaphragm** – release **good hormones**;
 - Activating Parasympathetic Nervous System; (“**Relaxation Response**”)
 - Non-strenuous aerobic & cardio-vascular **workout**;
 - Cultivating **attention** and **awareness** (mindfulness);
 - Strengthening the **immune system**.



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GROUP LAUGHTER THERAPY

- Laughter Yoga as a group exercise:
 - Promotes **selfless** interaction;
 - Forges human-to-human **bonding**;
 - Encourages **humility**;
 - Enhances **empathy**;
 - Improves interpersonal **relationships**;
 - Breaking down **inhibitions**;
 - Cultivating **non-judgmental** mind;
 - Living **in the moment**.

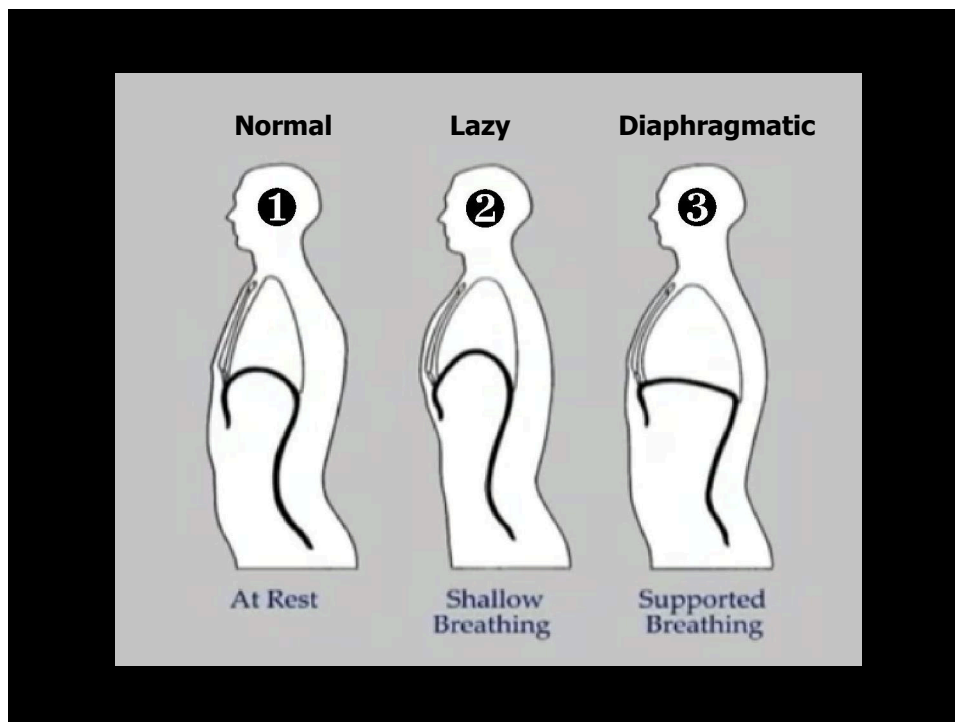
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 **DIAPHRAGMATIC BREATHING** 

Most critically overlooked relaxation tool!
Easiest to relax the body and calm the mind.

- a) Increases natural unforced oxygen intake (food for cells!);
- b) Stabilizes heart rate and blood pressure;
- c) Regulates body temperature and blood circulation;
- d) Restores and maintains homeostasis (stability);
- e) Calms the nervous system, indicating absence of threats.


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for health, happiness & harmony



LAUGHTER YOGA CONCEPT
- 6 key points





LAUGHTER YOGA CONCEPT



1. Laughter Yoga is a unique concept where:

- Anyone can laugh for no reason;
- Does not rely on humor, jokes or comedy.

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LAUGHTER YOGA CONCEPT

2. Initiated as a group exercise:

- With eye contact;
- Childlike playfulness;
- Turns into real & contagious laughter.

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LAUGHTER YOGA CONCEPT

3. Reason we call it "Laughter Yoga":

- Combines laughter exercises with yoga deep breathing;
- Brings more oxygen to the body and brain;
- One feels more energetic and healthy.

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LAUGHTER YOGA CONCEPT

4. Concept of Laughter Yoga is based on:

- Scientific fact that the brain & body cannot differentiate between fake and real laughter if done with willingness;
- One derives the same physiological and psychological benefits.

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LAUGHTER YOGA STORY

5. Started in 1995 in a Mumbai Park:

- By medical doctor Dr. Madan Kataria;
- Originally with 5 persons;
- Spread to 105 countries with thousands of laughter yoga clubs.

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ENRICHED LAUGHTER THERAPY

6. Enriched versions of Laughter Therapy:

- Localized initiatives provide added value;
 - Mindfulness Based Emotional Composure;
 - "LAUGHTERAPY"
 - Pinoy Laughter Yoga;
 - Laughter Wellness;
- ...and more!



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WHY LAUGHTER YOGA?



- 3 reasons



WHY LAUGHTER YOGA?

1. In order to derive scientifically proven health benefits:
 - We need to laugh for at least for **10 to 15 minutes** continuously;
 - When Laughter done as an **exercise**, we can prolong our laughter as long as we want;
 - Natural laughter comes for just a few seconds here and there – not enough to generate and sustain physiological and biochemical changes in the body.


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WHY LAUGHTER YOGA?

2. To reap the health benefits of laughter:
 - Laughter has to be **loud and deep** coming from the **diaphragm**;
 - Should be **hearty belly laughs**.
 - ✓ It may not be socially acceptable to laugh loudly in public, so **Laughter Yoga Clubs** provide a **safe and convenient environment** where one can laugh loudly and heartily without any social implication or distraction.

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WHY LAUGHTER YOGA?



3. Natural laughter is infrequent & sporadic, depends on circumstances:

- In Laughter Yoga clubs we are not leaving laughter to chance;
- Doing it out of commitment;
- Guaranteed way of getting the health benefits of laughter.

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6 BENEFITS OF LAUGHTER YOGA (GENERAL)



1. ELEVATES MOOD

- Laughter Yoga can change your mood within minutes by stimulating release of endorphins and other good hormones and carried around your body through the blood stream;
- This makes you feel good, and if you are in a good mood you do everything well;
- It makes you cheerful all throughout the day.



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2. HEALTH BENEFITS

- Laughter Yoga reduces stress and strengthens the immune system;
- If your immune system is strong you will not fall sick easily;
- And if you have chronic health conditions, it will help to heal faster.



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3. PRODUCTIVITY BENEFITS

- Our brain needs 25 % more oxygen for optimal performance;
- Laughter exercises easily increases net supply of oxygen to our body and brain which helps to improve efficiency and performance;
- You will feel more energetic, and can work more effectively than you normally do without getting tired or lethargic.



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4. SOCIAL BENEFITS

- Quality of life depends upon quality of our friends and our relationships;
- Laughter is a great connector of people and brings lots of good friends with caring and sharing relationships;
- Promotes fellowship and sense of belonging.

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5. LAUGH THROUGH CHALLENGES

- Anyone can laugh when times are good, but Laughter Yoga teaches people to laugh unreservedly and unconditionally so they can laugh even when times are challenging.
- It provides strength and confidence in adversity;
- It is a coping mechanism to help people keep a positive mental attitude regardless of the circumstances.

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6. SPIRITUAL BENEFITS


- Promotes selfless interactions;
- Forges people bonding and humility;
- Breaks down inhibition and reduces judgment;
- Cultivating attention and awareness;
- Living in the moment.

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**BENEFITS OF
LAUGHTER YOGA
FOR SENIORS**



BENEFITS FOR SENIORS




1. Adds More Laughter To Life - something to look forward to;
2. Promotes Physical Health - strengthen body immune system;
3. Supports Good Mental Health - lessen risk of aging diseases;
4. Increased Social Connection - fellowship and sense of belonging;
5. Laughter Yoga Adds To Longevity - purposeful life activity.

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**BENEFITS OF
LAUGHTER YOGA
FOR CHILDREN**



BENEFITS FOR CHILDREN



1. Promotes Healthy Emotional Development
2. Increases Academic Performance
3. Builds Physical Stamina
4. Develops Self-Confidence
5. Enhances Creativity

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Laughter Yoga Session – 4 Steps:

1. Clapping and Warming-up Exercises;
2. Deep Breathing Exercises;
3. Childlike Playfulness;
4. Laughter Exercises.

QUESTIONS ?



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